

Example

- **What has been done**

Designed for Hispanics, African-Americans and American Indians, Nevada Extension's "An Ounce of Prevention" program offered diabetes prevention lessons in English and Spanish. More than 30 community health representatives were trained to deliver this program in their communities.

Example

- **Impact**

Native Americans who saw the CD report that they are now testing their blood sugar levels daily, have changed their dietary practices, and have added some form of exercise to their daily routine. Hospital visits for diabetes related ailments dropped by 50%.